



FOR IMMEDIATE RELEASE

Fri., Aug., 29, 2014, 12:00 p.m. CT

CONTACT

Jen Rae Wang, 402-429-4701

Charles Isom, 402-471-1970

Gov. Heineman Congratulates State Wellness Champions

(Lincoln, Neb.) Today, Governor Dave Heineman recognized three Nebraska State employees and three Nebraska State agencies for wellness achievements and leadership during this year's Wellness Award Luncheon for state employees.

"Wellness is a key component to our daily lives," said Gov. Heineman. "I'm pleased to recognize our state employees and the agencies who are working to keep our workforce healthy and happy."

More than 130 wellness champions represent several State of Nebraska agencies. Wellness champions promote a culture of wellness, modeling healthy lifestyles and encouraging fellow co-workers to make healthier choices in the workplace.

Three state employees received the Governor's Wellness Champion Award: Debe Dockhorn of Lincoln with the Department of Education; Jacqueline Schrotberger of Lincoln with the Department of Roads; and Carolyn Williamson of McCook with the Department of Correctional Services. This award is presented to a wellness champion for outstanding leadership and continued commitment to communicate and build a culture of wellness in their state agency.

Three State Agencies were also recognized with the Governor's Agency Wellness Award. The Department of Education was recognized for its increase in employee participation rate, from 14% to over 50%, and its continued commitment to developing a culture of wellness. The Department of Labor was recognized for an increase in employee engagement and significant improvements in healthy employee lifestyle behaviors. The Department of Agriculture is being recognized for its 8% increase in employee engagement along with its significant improvement in healthy behavior, including increased physical activity and fruit and vegetable consumption.

Governor Dave Heineman received a special recognition for his steadfast support and leadership of the State of Nebraska Wellness Program. The Governor is a strong advocate of the Walk This Way daily step program, participating since the plan's inception in 2009.

Employees participating in the State of Nebraska wellness program can select several options including cardio log and the walking program. Last year, employees participating in the walking program logged over 3.6 million miles.

The State of Nebraska's Wellness Program has received national recognition and been recognized with several awards, including the Wellness Council of American Well Workplace Gold Award, The Council of State Governments Innovation Award and the C. Everett Koop National Health Award.

###

Editor's Note: Photos will be available on the Governor's website later today.